

PEDISTRY A NEW SCIENCE.

Father Kneipp's Barefoot Fad Opens Up an Interesting Study.

If Kneipp walking—and in the proper pronunciation the "K" is sounded—becomes a popular mania, as it bids fair to do, feet will be paramount for several years to come. Arms and shoulders will have had their day.

It is not pleasant to Kneipp with unsightly feet. If the Bavarian priest's theory of health-making attains the vogue that it has reached in Europe, the maidens of New York will forsake finger rings and take to the old Mother Goose adornment of "rings on her fingers and bells on her toes."

They will follow the Hindoo fashion of adorning the feet, and jewelry, as well as fashionable toes, will twinkle in the maternal shadows of Central Park.

In many parts of India, especially among the Hindoos of certain castes, the women wear neither shoes nor sandals. Around the ankles silver, gold, brass and bronze circles are hung. They are all of different workmanship. Even the poorest peasant woman can boast a pair of artistic anklets, with quaint beads hanging from them. Two rings are worn, too, and are made of metal with ornamental chains and instep pieces, which make the feet look pretty. Over the great toe is slipped a slender ring, with a long marquise setting, made of gold or silver filigree, and tipped with perhaps a turquoise, jasper or ornamental ball of the same metal from which the ring is made.

The second toe is adorned with a similar ring, with a setting of beautiful workmanship. The top of the ring is made to cover the entire top of the toe.

The third and fourth toes are covered likewise with oddly fashioned rings. The little toe is graced with one which resembles the back of a turtle and fleur de lis combined.

Each ring is held in place by a chain of unique design, which passes up over the instep and is attached to a handsomely shaped piece of metal. This is in turn fastened to a massive anklet, which hangs loosely about the ankle, almost concealing the joint. Above this are sometimes worn two, three and even four anklets.

Costumes are to be constructed hereafter with a view to proper and attractive exposure of the feet. Kneipp footwear will be more studied than dancing slippers, street shoes, golf, tennis and bicycle shoes. Struggles will be made to conceal foot blemishes. People will be judged by feet instead of by palms, ears or noses.

Pedistry is the latest and perhaps the coming science.

The sole of the foot is marked with a myriad of fine lines. Conspicuous among these are the strong middle lines. These, like the lines in the palm, are almost creases and appear in a photograph of the hand and foot. Pedistry reads these lines.

Starting from the base of the big toe there is a distinct line. That is the life line. In one foot it will curve along until it terminates under the instep far toward the lower base of the little toe. This means long life. If broken in the hollow of the foot it denotes a sickness at middle age, and if it terminates in the hollow of the foot it means a short life. This line is the most interesting one on the foot. The experiments that have been conducted lately have proven this to be an almost unfailing reading of longevity.

There is this to be said for pedistry which cannot be said of palmistry—it is a natural reading. The hand goes through all vicissitudes and is scarred and worked down. It is trained to this art and that, and it becomes curved and moulded by one's work. If you do not believe this, notice the peculiar fingers of a butcher's hand, with the forefinger the longest of the whole hand; and note the flat palms of the shoe-maker, who presses his last and his iron with great strength.

Pedistry has not this objection. Tight shoes may deform the foot in a way producing corns and joints. But no tight shoe can line a foot. The sole remains the same. Even very narrow soles produce only creases, and a dipping in water and rubbing removes them, as the marks of gloves are removed from the hand by swelling the hands a second.

Even tight shoes, with their distorted effects, cannot affect pedistry, for the shape of the foot remains the same. The character of the toes can no more be altered by shoe leather than the brain can by the hair. There may be a different look, but a test brings out the true markings.

Next to the line of the feet are the diagonal lines, running from one side to another at what is known as the hollow of the foot, below the "ball" of the foot. These are the lines of love. A line home and moral sentiments are here found. A pronounced

HOW A NEWSPAPER ARTICLE BROUGHT MISS WAITE HER IDEAL HUSBAND.



"The Ideal Husband," by A Woman Who Got One.

THIS IS MISS WAITE'S ARTICLE.

Miss Waite Tells How

Is there an ideal American husband?

Miss Maria A. Waite, of Kenwood, a suburb of Chicago, thought there was, and she wrote the whole pitch and burden of her opinion on the subject upon paper and sent the manuscript to a newspaper. It was printed, and Miss Waite is now Mrs. Rufus Baldwin, of Minneapolis.

Rufus Baldwin knew a good thing when he saw it in print. He ought to. He is over fifty years old. The sound, common sense in Miss Waite's article on the ideal husband set him to thinking. The more he studied it the more he thought that the description fitted him, and that the woman who wrote it was about the kind of woman he would like to have sit for the rest of her born days behind his teapot.

The reason Miss Waite knew so well what a husband ought to be, the reason that she had such praiseworthy ideas on the subject of matrimony, was because she had been single for so long.

She had known forty-five Summers, and for twenty years had been the centre of the exclusive set in the Kenwood suburb. No social gathering had been counted complete without her. Kenwood was very happy when it learned that Miss Waite was to marry, and this was the story as the neighbors told it:

About a year ago a Chicago newspaper asked for contributions from ladies describing their requisites for "an ideal husband." Miss Waite, who had resigned her place in the educational corps, thought a certain prominent lawyer in town, with whom her family were related, was an ideal sort of husband—so far as she had noticed. The lawyer's name was not printed



HOW HINDU MAIDENS

cross line means that a good domestic woman or a good family man is here. And if the line is broken it means domestic estrangement. This originator of pedistry, seeking to bring the occult in his new science, has tried to show that there will be as many transverse lines as there are to be husbands or wives. But this is not followed by the true pedists, who refuse to see more than character traits in the lines.

Mentality is marked on the heel. Only those with pronounced brain ability have these lines sharply seen. Others have them as mere markings. If there is a network of small lines upon the heel it means great versatility. People who draw, paint, play and dabble in the languages have many heel lines. A smooth surface of heel denotes a placid, non-working brain.

These three characteristics are much amplified in the science. But the few here told serve as a guide to the whole scheme of foot reading. The modifications thereof are very interesting. There is a tiny line right in the centre of the sole, that means a great ability to love. The deeper this is the more intense the passion can be shown. Those who fall in love, once and forever, irrevocably, have a tiny dent that looks like a line here.

Line reading is one part of pedistry. The other is in the shape of the foot. Beautiful women of marvellous talent have

How is it possible to discuss the much talked of advantages of leap year, when, so far as my observations and experience go, they absolutely do not exist for the modern or any other woman? If, for any reason, a woman is desperate, or the man she has in view is a "lizard in love," either from bashfulness, laziness or disinclination, and she makes up her mind that she must take matters into her own hands, and not await the slow movements of this particular lord of creation, she will not stop to consider whether the number of the year is divisible by four, but will go on and execute her full design, even if the date ends in 2, 5 or 1.

Though I have heard of one or two instances where the woman has proposed, I do not remember that a single one occurred in leap year. No woman wants to do it. She would much rather be proposed to. If a man is mean enough to force a woman to ask him to marry her he would probably be mean enough to twist her with the fact in after years, and if he should do such a contemptible thing hanging would be too good for him, and she is much wiser off without him.

The ideal husband for the American girl? Why, as Betsey Frig says: "There ain't no such of a person," and if there was, if he stood before us, and one girl liked him, the next one would not. Who can tell about him?

The unmarried woman can judge only by observation what husbands seem to be, and we have been taught from the olden times that "men were deceivers ever." The married woman can judge only her own husband, and perhaps not fairly then; she may have had an ideal husband and not have known it till he was dead and gone.

It may be that every woman has an ideal man in her mind, that is, one who would, she thinks, just suit her, but surely no one could tabulate the qualities to be possessed by this "impossible" he.

Evidently an ideal man would not make an ideal husband, except for an exceptional woman. Every true woman, who may be also a "new woman," prefers a husband whom she can look up to mentally and morally. Then she is glad to be guided by him, for she knows him to be wiser.

Should the American girl bestow her hand and heart on a foreigner, with or without a title? It would seem to me that an American husband would be most congenial, and there are many nobles whom no rank or titles could make desirable. Other things being equal, however, there seems to me no good reason why a title or a coronet should not be as fascinating to an American girl as to her European sister.

The American woman has generally had more book knowledge and culture than her husband, unless in the case of professional men, because the average man leaves school early, and the business hours in this country are so long that he has no time or strength for cultivating his literary tastes.

Does this promote happiness? No, it does not. But, on the other hand, it does not necessarily prevent it. The business man may be finely developed in a different direction. His knowledge of business methods is quite as necessary in the domestic economy of their establishment as her knowledge of botany or familiarity with Browning. He may have learned practical chemistry, or mechanics, or electricity. Instead of history or astronomy. As a superintendent of a factory he may have learned to know the rights and duties of men, while she has been reading sociology. He may be able to read and interpret the thoughts of his fellow-citizens, though he may not have read a word of Dante or Emerson. Patience, unselfishness and a genuine interest in each other will keep the husband and wife from growing apart, however unequal may have been their previous training.

What about disparity of years? The character of the individual must determine that. There are women who are younger at heart than their daughters, and there are some who are older than their fathers. We have all seen such forlorn specimens as an old woman decking herself out in youthful attire so as to seem the contemporary of her young husband, or of the tired, bored old man, watching, perhaps with anxious, jealous eye, the girlish pranks of his younger wife. Yet many marriages where the wife has been twenty years her husband's senior have been, so far as the world can judge, ideal unions. Quietude?

Congeniality, adaptability and unselfishness would seem to be the principal qualifications of an ideal husband, and these our American girls should be able to find somewhere among their acquaintances. No foreigners need apply.

MARIA A. WAITE.

the Greek foot. You should hear Greece, the Paris photographer, rave about Bernhardt's foot, "the toes separate," he says, "and there is a tiny space between the first and second."

That space means great talent. You never saw a talented woman with the first two toes hugging each other. The toes are square at the ends and the owner cannot wear pointed shoes, because of that square second toe. But you'll forgive this foot its square shoe, because it is such a talented one!

The flat foot is the emotional one. Most of the Kneippists have these feet. Devout believers of any faith have them. There is little instep, because instep means capriciousness, but there is a line, sensible, flat foot. If you have a chance to visit Central Park at 5 o'clock any morning you will see these flat feet treading the grass; and some of them are upon very stylish persons.

The ideal foot for a woman is ugly to look at, but very charming to know—the foot that is irregular. This foot can wear the pointed shoe, because the big toe is half an inch longer than the other toes. The foot is high in instep, denoting capriciousness to a certain extent, and it has the incurve at the hollow of the foot that denotes aristocratic tastes. A foot like that belongs to a person easy to get along with and good to know. A curve at the ankle

means a love of fun. Those slender, curving ankles that cross the street, giving you peeps of prettiness, belong to just such feet as the "ideal," and they mean a good, nice little woman above them.

The solid foot boasts of its instep. It is the step of the worker. The so-called instep is no instep at all. It is a thickening of the ball of the foot without the beautiful curve. Women with these feet are industrious. Notice the next thick-footed woman you see. She will wear a shoe that fairly looms up on the instep and her heel will come down as straight as can be. This means a truth-telling instinct and all good moral qualities. The foot is that of the woman who has done pioneer work for the sex, and who will do it again. Seen in a man this foot brings respect and dignity.

The short-toed woman has a foot as short as her temper. The short-toed man is the man who swears easily. It is the abominable temper that goes with short toes. The toes are to blame, not the man. People with short toes get through life easily. They never borrow trouble. They literally "let Brown do the walking." Their lot is cast in a pleasant place, for they go through life getting what they want and enjoying it. The quick temper serves to dispel the world and keep it in order. The long-toed foot belongs to the society

woman, the woman of many accomplishments and great tact. Long toes belong to orators. They mean ability to talk, to argue, to bring out a nice point. All the diplomats of the world have these long-toed feet. Beauty and talent are shown by the instep and the hollow. The compact shape of the foot means mental balance, and you can be sure of finding the owner of that foot here when you come back. The evenness of one's way cannot be disturbed, that foot is sure to say.

Pointed toes are the toes of an artist. Du Maurier would have liked to place these pointed toes upon his Trilby, but Greek models demand the square toes. Nevertheless Trilby had these pointed toes, you may be sure. Toes that come down to little sharp points mean a talent for looking into minutiae, but the slight points denote the artist. The foot is beautiful always, and the Trilby foot might be claimed for the whole world of art, so universal is it where strong talent of this kind is found.

The shape of the foot has a volume in it. Broad feet mean common sense, narrow ones reserve and curved feet denote an erratic disposition.

The lines in the sole are the most interesting of the later studies of this kind. Foot reading will form part of the coming Winter's entertainments.

She Became Mrs. Baldwin.

In the papers, but he was a deacon in the Hyde Park Presbyterian Church, and Miss Waite's sister-in-law was his wife's sister.

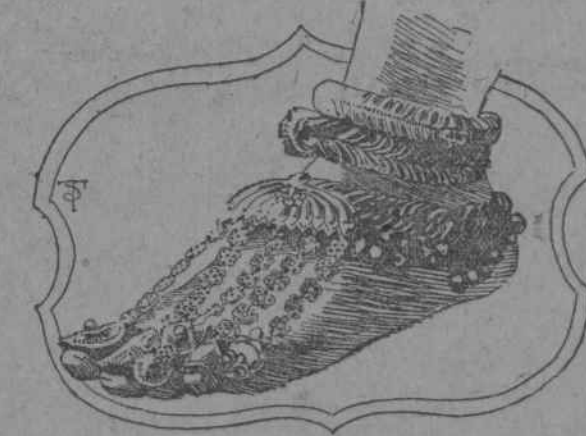
Miss Waite wrote with him in mind. She had never heard of Mr. Rufus Baldwin, of Minneapolis. But he read what she had to say in the paper, and began asking himself if he might not be that man.

Finally, he concluded that he might. He wrote to Maria A. Waite. Then, with her permission, called on her. She told him a great many things that there had not been room to say in her newspaper article about the ideal husband.

And the more he heard of Miss Waite's ideas, of husbands and other things, the better he liked her and her way of thinking.

Then came the funny part of it. He told Miss Waite that he thought he pretty nearly filled out the measure she had set for an ideal husband. She admitted that he did. Then the natural thing happened.

In St. Paul's Church, in Kenwood, a few days ago, Mr. Baldwin was richly rewarded for having read the newspapers carefully. The Very Reverend H. C. Bixby made him the husband of the best-loved and most heartily admired spinster in Kenwood, and the whole population gathered to wish the bride the best of godspeed, and get a look at the lucky man, who, by the judgment of the woman whose opinion they revered most, had been selected as the "ideal American husband."



BEAUTIFY THEIR FEET

TWO ROYAL PERSONS.

The Delicate Prince of Naples and His Buxom Montenegrin Princess.

It would be difficult to find a greater contrast than that between the Prince of Naples and the Princess Helene of Montenegro, to whom he was recently betrothed.

The heir to the Italian throne is but little over five feet in height and very delicate. The Princess is a handsome, black-browed woman of remarkable strength and good health. It is evidently intended to build up the physical strength of the Italian royal house.

The bride's family has not enjoyed princely rank for more than two centuries and its members are representative Montenegrins, a race of mountaineers.

The Montenegrins are greatly pleased with the alliance of their Princess with the heir of a first-class throne. A few nights ago the crowd broke into the palace, which abuts on the principal square of the capital, seized Prince Nicholas—it required twelve stalwart mountaineers to lift him—the Crown Prince Danilo, and the bridegroom elect, and carried them and shoulder high down the main street.

IS FAT A SIGN OF GENIALITY?

And Are the Lean Always Sour and Cheerless?—What New York Doctors Say.

Are fat people better natured than thin people?

Who can answer this question satisfactorily? The fat people say yes. The lean people say no, and the doctors disagree.

"Let me have men about me that are fat; Sleek-headed men and such as sleep of nights;

Yond' Cassius has a lean and hungry look; He thinks too much; such men are dangerous."

So spoke Caesar, and Caesar knew a thing or two. But what can you do with such a vexed question? There's Grover Cleveland; he's fat. Yet no one ever heard him bragging about his good nature. Then, on the other hand, take the late Eugene Field. He was as thin as a rail, yet was he as merry as a lark.

Unfortunately the doctors cannot lay down a rule that applies in every case. Their opinions, however, are valuable, and the suggestions of some are very interesting. Here is what they told a Sunday Journal reporter, who asked them if fat men are more cheerful than lean ones:

Dr. Robert Weir: "I cannot say that they are, but we have an old adage which says: 'When the nerves are well covered with fat, people bear the ills of the world lightly.'"

Dr. William T. Lusk: "I think good nature is not a quality dependent upon adiposity, but upon the training the person has given himself."

Dr. John A. Wyeth: "Of course, it is not so. Thin people are the better natured. I am thin. Thomas Carlyle, the crossiest man that ever lived, was, too, but he is one of the exceptions which prove the rule."

Dr. William Tod Helmuth: "It is not so. I think the reverse. I know some beastly tempered fat people. By the way, my wife is fat, and I do not mean any disrespect to her in making this assertion. Of course, any one who is thin from ill health is apt to be irritable, but some of the healthiest people I know are spare. Why, the trappers I used to see come into St. Louis were never stout, and they were sinewy and strong. Look at the athletes. They are the same way. Oh, no! I think good nature is a matter of temperament rather than a fact dependent upon flesh."

Dr. William M. Polk: "I think fat people are better natured because they are too lazy to have energy enough to be otherwise. Thin people are usually those who have worn themselves out by ill bearing the worries of life."

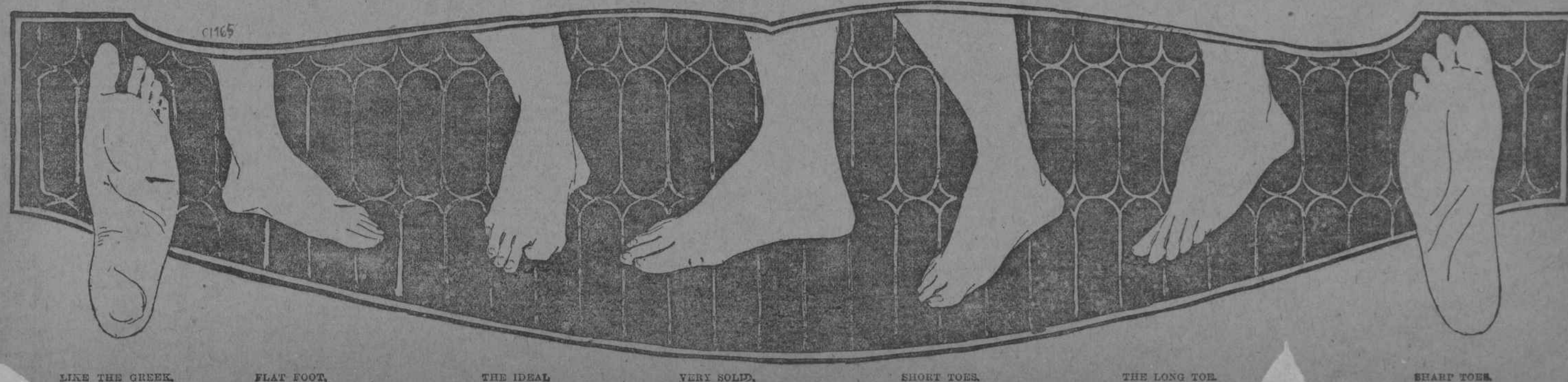
Dr. Edwin F. Ward: "I do not think the matter of flesh makes much or any difference. I think the idea comes from the old saying, 'Laugh and grow fat.' If you will carefully go over the list of your acquaintances you will see that a rule cannot be established in the matter. A hopeful temperament naturally gives a better appetite, and that is conducive to health and is helpful in creating good nature. Worry decreases the appetite, and the necessary nourishment is not then obtained."

Dr. George W. Jacoby: "I do not think so. I think it is a matter of temperament and perfect health. Of course, a person who is better nourished is more apt to be good-natured and take life in an easy fashion. Thin people that are not well are nervous and irritable. So far as I can remember at present, most of the great humorists were thin. Fat people are generally too lazy to move about. They are sleepy-headed and take things lightly, and therefore are called good-tempered."

Dr. Loomis L. Danforth: "I do not think it is true, though often behind a rotund form lies a good digestion, an easy conscience and a jolly nature. Still, on the other hand, some of the most humorous people I have ever met were spare, even dyspeptic. Some were lean until they were cadaverous, and were most melancholy in appearance, and yet they were humorous and good-natured to a great degree. I think it is all a question of natural endowments."

Dr. John F. Miller: "Plump people are generally good-natured, but I do not think fat people, as a rule, are so. Too often a great amount of flesh is an indication of ill health, and when a person is in that state he is inclined to be irritable. However, when flesh is healthy the possessors of it are then more likely to be good-natured. But I cannot say that I think men possessed of better dispositions than people who are thin."

THE NEW PEDISTRY SCIENCE DISCLOSES A PERSON'S CHARACTER BY THE FEET.



LIKE THE GREEK.

FLAT FOOT.

THE IDEAL.

VERY SOLID.

SHORT TOES.

THE LONG TOE.

SHARP TOES.